### Template – Critical Reflection

Use this table for critical reflection of your own practice.

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| **Step** | **Detail** |
| **1: Plan*** Identify overall competency, and specific goal based on this competency.
* Break it into small achievable steps.
* How will you know when you achieve your goal? (measures)
* What support and resources do you need?
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| **2: Act/Do*** Document what you did.
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| **3: Reflect*** Seek feedback from a wide range of sources.
* What went well?
* What didn’t go so well?
* What areas are you going to keep working on to improve?
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